



What's COOKING

DOWNTOWN LEARNING CENTRE

FEBRUARY

Lunch 'n Learn Demonstrations

These noon-hour weekday classes include a light lunch, a demonstration lesson on how to make the dishes you are served, and the featured recipe sheets.

Havana Nights: Celebrating Cuban Cuisine

Cuba is known for its rum, its cigars and its classic Caribbean cuisine. With this class you'll be introduced to Cuba's national dish, Ropa Vieja — shredded beef in a rich tomato sauce with olives and pimentos. While we're in the island state of mind, our chef instructors will also prepare tostones (twice-fried plantain slices) with a fresh mango avocado salad and a pumpkin flan for dessert.

Thursday, Feb. 1 or Friday, Feb. 2; 12 – 1 p.m. \$25

Treat Your Sweetheart: Valentine's Day Brunch

It's true — the way to your love's heart is often through their stomach and there's no better way to spoil your sweetie than to prepare a romantic Valentine's Day brunch. Our chef instructors will share some French techniques to help you take your brunch game to the next level, with dishes like a heavenly crepes suzette with prosciutto, fresh fruit and cheese and a classic quiche Lorraine all on the menu.

Thursday, Feb. 8 or Friday, Feb. 9; 12 – 1 p.m. \$25

Swiss Comfort Fare

After a long day of skiing, nothing beats coming home to a belly-warming meal. Our chef instructors will introduce you to hearty après ski meals drawing from French and Swiss alpine traditions. Tuck into our slow cooker beef bourguignon, a rostizza (a pizza with a Swiss rosti crust) with Swiss cheese and speck bacon and warm apple hand pies for dessert.

Thursday, Feb. 22 or Friday, Feb. 23; 12 – 1 p.m. \$25

Evening and Weekend Classes

Depending on the class selected, the class will either be a demonstration only or a combination of demonstration and hands-on. Food & beverages are served at each class. Copies of the featured recipes will be distributed.

*  demonstration class  hands-on class

Hands On: Simply Sushi



Yes, sushi is something that you can make right in your own kitchen! Our chef instructors will show you how to properly season and cook sushi rice and how to use nori to hold your sushi rolls together. We'll also get you up to speed on some of sushi's key ingredients, including high quality seafood.

Saturday, February 3; 2 – 4 p.m. \$75

Chef's Table: Valentine's Day



Enjoy a night of sparkling strawberries and chocolate as our culinary team collaborates for this unique and exquisite seven course dining experience. Some of the highlights will include an elegant seafood composition and a main course of local game.

Saturday, Feb. 10, or Tuesday, Feb. 13, or Wednesday, Feb. 14; 6:30 – 9 p.m. \$95

Hands On: Pasta Perfection



Homemade pasta is the very best kind of pasta and our chef instructors can show you how to make your own fresh pasta from scratch. Learn how to make your own pappardelle and tortellini — we'll also give you tips on the best stuffing and sauces to go with each pasta to create a show-stopping Italian meal.

Saturday, February 24; 2 – 4 p.m. \$75

SCHOOL HOLIDAYS KIDS CAMP FOR AGES 9 to 12 PROFESSIONAL DEVELOPMENT DAYS

2 Day Camp: Global Eats: North America

All aboard for a foodie fiesta! Join us as we cook and eat our way through North American cuisine with stops in Canada, the United States and Mexico. Our cross-continental menu will include pancakes, huevos rancheros, burgers, tacos, apple pie and churros.

Thursday, Feb. 15 - Friday, Feb. 16; 9 a.m. – 4 p.m. \$140



OUR LEARNING CENTRE FACILITY IS LOCATED AT 909 11 AVE SW, CALGARY
Contact us at 403 245 7630 or visit atcoblueflamekitchen.com for details.

